

Health Homes Herald

January, 2014

Volume 1, Issue 4

Helping people live healthier lives by integrating and coordinating services and supports to treat the “whole-person” across the lifespan.

2013 Year in Review

We worked hard in 2013 to prepare for the launch of Health Homes. Though we can't mention everything done in 2013, we'd like to highlight some of the more important developments in our preparation for Health Homes in Kansas.

We were able to define the six Health Homes services and we identified the first target group. This first group covers approximately 36,000 adults and children with SMI and we are working on a second population to cover other chronic conditions.

The goals and quality measures, including eight required by CMS were determined and we defined the provider qualifications and standards.

There were bi-weekly calls with the Center for Health Care Strategies and we participated in monthly calls with CMS to work through issues before the official submission of our state plan amendments (SPAs).

The two forums we held were attended by almost 400 people and gave us an opportunity to explain our model and obtain input on the project.

We developed materials for our consumers, including a brochure, a booklet and a consumer PowerPoint presentation. We also began planning a statewide Consumer Tour for March, 2014.

As for our providers, we made presentations at various provider association conferences and meetings about the project. We also held an

educational webinar for interested providers.

Finally, to help you stay up-to-date, we re-designed our web page on the KanCare website to educate and inform stakeholders about the project (http://www.kancare.ks.gov/health_home.htm)

We also began publishing this monthly newsletter, to help inform stakeholders about the project and its progress

It was a busy and productive year and we look forward to more of the same in 2014. If you have questions about anything in this issue please remember to check our website

http://www.kancare.ks.gov/health_home.htm

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Upcoming News and Events

- HH Focus Group —Jan 21, 2014
- HH Consumer Tour — March 3 -13, 2014

Would you like a HH representative to give a presentation to your group or agency? Call or email our office. We'd be happy to schedule a time to answer questions and tell you more!

Email: healthhomes@kdh.eks.gov

Phone: 1-785-296-3981



Consumers' Frequently Asked Questions

How can I find out more about Health Homes and how they will change my health care?

Health Homes will bring changes to the way that your health care is managed. We know that it is important for you to understand these changes. If you would like to know more about Health Homes there are a few ways that you can find this information.

- You can go to the Consumer page on our website where there are many helpful links as well as a Consumer Frequently Asked Questions page. You can find the Health Homes Consumer page at:

http://www.kancare.ks.gov/health_home/consumers_what_is_hh.htm

- You can go to a Health Homes Consumer Presentation. We will be holding a series of Consumer Tours March 3rd—6th, 2014. The Consumer Tours will give you the chance to hear a presentation about Health Homes and ask questions about how Health Homes can help you. Please remember to look for details about the Consumer Tour and the presentations in the coming months.
- Finally, if you still have questions or if you cannot make it to one of the Consumer Tour presentations, you may contact us at:

Phone: 1-785-296-3981

Email: healthhomes@kdheks.gov

We want you to know how Health Homes in Kansas can help you and we look forward to seeing you at the Consumer Tours in March!

The Goal of Health Homes

One of the main reasons for Health Homes in Kansas is to make sure that you stay as healthy as possible. While helping you stay healthy, we also want to make sure that your relationships with your providers are not disrupted. We know that you have long-lasting and important relationships with your providers and we do not want to get in the way of these relationships.

We hope that by integrating and coordinating all of your services and supports we can help you:

- Stay healthy! Health Homes will help you stay out of the emergency room and hospital and in the community
- When you come out of the hospital to make sure that you can get to important follow-up visits with doctors or other providers
- Make sure that all the people who provide your care work together
- Get what you need when you need it to stay healthy



Providers' Frequently Asked Questions

Who pays for Health Homes services?

The State pays the MCOs a monthly amount to provide Health Homes for each person. The MCOs will sign agreements with different HHPs to help provide Health Home services. Some of the services will be provided by the MCOs directly and some will be provided by the HHPs. The agreements will say which services are provided by the MCOs and which are provided by the HHPs. They will also say how much the MCOs will pay the HHPs

How do I know if my agency is ready to be a Health Home?

If you are a provider and are interested in becoming a Health Home Partner look for the Planning and Preparedness Tool to appear on the Health Homes website in the coming months. This Tool will help you evaluate your ability to be a Health Home and will serve as a road map for providers as we approach the Health Homes implementation date of July 1, 2014

Focus Group Transition to the Learning Collaborative

In the first six months of 2014, the Wichita State University Center for Community Support & Research (CCSR) will further development of a Learning Collaborative as part of the implementation of Health Homes in the Kansas Medicaid system.

Through a series of state-wide and regional Health Home Stakeholder Meetings, CCSR will design and facilitate meetings for potential Health Home Partners. These meetings will introduce potential provider partners to the necessary organizational, structural, and collaborative components for health home service delivery.

The first Health Homes Stakeholder meeting will be January 21st. At that meeting, participants will review the

progress to date, including decisions made about the first Health Homes population as well as the per-member-per-month rate and methodology for determining the rate.

Also, at this meeting participants will review new resources to be released in January including SMI Health Home Provider Requirements, Preparedness and Planning Tool and the Health Home Action Plan. Stakeholders at this meeting will also provide feedback about the clarity of these new resources and other information needed before July 1st.

In January, CCSR will release a report of lessons learned from other state Learning Collaborative efforts and results from key informant interviews with more than 20

Health Homes Focus Group participants from across Kansas. This report will be provided at the January 21st meeting, and will be available online on the Health Homes website after the meeting: http://www.kancare.ks.gov/health_home.htm

CCSR will be inviting participants to join the design team as Kansas-specific plans are made for the fall Health Homes Learning Collaborative. If you're interested in this work, please contact scott.wituk@wichita.edu.



Healthy New Years Resolutions

The Holiday Season can be a difficult time for people with diabetes or those who are watching their weight.

Though the Holiday season is just winding down, we know that many of you will be making New Year's Resolutions and now is the perfect time to gear up to be successful in the New Year.

According to the Centers for Disease Control and Prevention, preparation is the most important step in managing diabetes and your weight during holiday travel and festivities. This is true for the rest of the year as well.

With a little planning, you don't have to give up all of your favorites if you make healthy choices and limit portion sizes. Whether at a holiday gathering or at parties throughout the year, follow these tips to avoid overeating and to choose healthy foods.

- Choose smaller portions.
- Eat breakfast every day. When you don't eat breakfast, you may be likely to make up for the calories you saved by eating more later on in the day. Many people who maintain long-term weight loss eat breakfast daily.
- Choose low-calorie drinks such as sparkling water, unsweetened tea or diet beverages.
- Focus on friends, family and activities instead of food. Take a walk after a meal, or join in the dancing at a party

If you've over-indulged during the holidays, getting healthy may not be easy at first, but it can be done. Here are some suggestions on being active:

- Get Moving: Physical activity helps control weight, but it has other benefits. Physical activity such as walking can help improve health even without weight loss. People who are physically active live longer and have a lower risk for heart disease, stroke, type 2

diabetes, depression, and some cancers.

- Walk & Talk: Stay connected and get active with family and friends. Do yourself (and them) a favor by initiating a Walk & Talk weekly visit as part of your physical activity routine.
- Have Fun: Check out community resources like nearby trails and parks. Sign up for a 5K walk or run—this is a great way to give yourself a fun goal to accompany your resolution to stay healthy!

Are you already physically active? That's great...keep it up, or take it to the next level! If you aren't physically active, this could be your year to get started. Regular physical activity is an important part of losing weight and being healthy.

Remember, having diabetes or watching your weight shouldn't stop you from enjoying yourself. With some planning and a little work, you can make sure that you stay healthy and keep your resolutions for 2014!

Questions?

If you have questions, or would like more information about health homes in Kansas, please contact us. Our page on the KanCare website also contains information about the Health Homes project and documents are being updated regularly.

Phone: 1-785-296-3981

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Website:

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